

# Pond Cove News

Dear Pond Cove Families,

When Stan Davis visited in March, he spent some time with both staff and parents talking about Carol Dweck's work regarding fixed and growth mindsets. In researching further, I too have found her work to be very powerful and pertinent. I have tracked down two great videos on YouTube that describe the fixed and growth mindsets and how you can help encourage a growth mindset in your child. The link to one is below and the other is posted on my teacher website. Please check them out.

Thanks!

Bri Gallagher  
School Counselor

[http://www.youtube.com/watch?v=TTXrV0\\_3UjY&feature=related](http://www.youtube.com/watch?v=TTXrV0_3UjY&feature=related)

Visit my teacher website at:

[https://sites.google.com/a/capeelizabethschools.org/pc\\_gallagher/](https://sites.google.com/a/capeelizabethschools.org/pc_gallagher/)

## Calendar

### June

- 10 4<sup>th</sup> Gr.  
Celebration 1:45
- 10 Ice Cream Social  
5:30 to 7:30
- 16 Last Day for  
Kindergarten
- 17 Last Day of School  
Gr. 1-4

### September

- 6 First day of School
- 28 Picture Day

**June Progress Reports/placement Access.** The PowerSchool parent portal is closed it will re-opened for you on June 18. Next year's teacher placement will be available on the portal at that time.

June 17<sup>th</sup>

Last Day of School

For Gr. 1-4

Early Release at noon

**Last Day for  
Kindergarten is  
June 16!**

**Please check the Lost & Found bins for any items that might belong to your family.** We will be emptying the bins for the final time on Thursday June 16th. Any items left behind will be donated to Preble Street. The bins are located in the school lobby by the stairway. Thanks!

***Paperback Book Swap!***

*The Media Center will be sponsoring a paperback book swap starting June 6 through June 17<sup>th</sup>. Bring in gently worn books to swap for tickets and "spend" your tickets on new-to-you paperbacks for summer reads!*

## **CEEF Helps Fund "Social Thinking for All" Grant**

*~grant proposed by Sonia Latendresse, Chip Babineau, Bri Gallagher and Patty Blankenship*

Brief Description:

The grant will provide training, guidance and instruction on the core concepts of the Social Thinking™ curriculum to the students and teachers of Pond Cove. Our intended outcome is to combine the efforts of both instructional support and regular education staff to teach all students these concepts in order to help with classroom management, pro-social behaviors and academic achievement. .

Our proposal includes a minimum of two in-class lessons, designed to fit each grade level; a staff meeting and one parent meeting about Social Thinking™ concepts and how they connect with other resources and strategies currently in use; funds to purchase a resource library for each team at Pond Cove; and funds to have a representative from each Pond Cove teaching team attend a Michelle Garcia-Winner workshop/conference and then share what they have learned with their colleagues.

The goal of our Social Communication Skills For All project is to provide a framework that will include common language and concepts throughout Pond Cove in order to increase consistency, pro-social behaviors, sense of community and responsibility and assist teachers in creating an optimal learning environment. This project will benefit all stakeholders.

**Thank you CEEF! Your generosity and dedication to our students is much appreciated!!!!!!!!!!**

**Box Tops Grand Prize Collectors for the 2010-2011 school year goes to the 1st graders!** Every grade did a superb job continuing to bring in those Box Tops throughout the school year. We raised close to \$2000 this year!

**Don't stop collecting those Box Tops over the Summer,** print off the attached Summer collection sheet, fill it up with Box Tops and bring it back to school in September to help boost the Box Tops numbers for the 2011-2012 school year.

Have a great Summer break!

The Box Tops Team

Dear Families,

Here's more support for drinking water and low fat milk. The American Academy of Pediatrics (AAP) in a recent report says **don't** believe the hype about sports drinks and energy drinks optimizing athletic performance. They firmly advise that **plain water is still the best choice for children and adolescents.**

The AAP Committee on Nutrition and Council on Sports Medicine and Fitness developed the report on the clinical implications of overuse of sports and energy drinks by children and adolescents as guidance for pediatric health care providers.

Sports drinks and energy drinks are significantly different products, says the AAP. Sports drinks contain carbohydrates, minerals, electrolytes, and flavoring and are intended to replace water and electrolytes lost through sweating while exercising. Energy drinks contain stimulants including caffeine and guarana, protein, amino acids, vitamins, sodium, and minerals, and advertise performance-enhancing effects.

Both beverages are marketed to children and adolescents, but **for the average child engaged in routine physical activity using such drinks in place of water during sports activities or to replace low-fat milk with meals is unnecessary.**

In general, commercial sports beverages contain nutrients and electrolytes that can be provided by a healthy balanced diet, but because they also are overloaded with carbohydrates they can substantially increase the risk for overweight and obesity in this age group.

Energy drinks boast high amounts of caffeine, in some cases exceeding levels high enough to cause toxicity. **Caffeine may enhance physical performance in adults, but in children and adolescents, caffeine affects developing neurologic and cardiovascular systems and presents risk of physical dependence. Dietary intake of caffeine should be discouraged for all children,** says the report.

The AAP also notes that the marketed effects of specific amino acids and proteins contained in sports and energy drinks for post exercise recovery have not been supported by clinical trials. It recommends low-fat milk instead.

Keep hydrated the healthy way!

Paula Harris, RN

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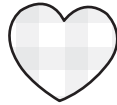
## **To All Pond Cove Families,**

**When I think of ways to spend a day in a life, there is none finer or richer than singing, dancing and making music with children. I want you to know that I have thoroughly enjoyed my years of teaching music at Pond Cove School. Music is more than a pastime, it is a formidable tool for use in our transitions during times of stress and other challenges. As we know from the media, music producing is an art form that transcends all generations and styles. Humankind will always resort to some type of music that appeals to our spirit, mood or situation that enhances our experience. At Pond Cove, I have taught music to our students as it applies to their curriculum and learning at school. In approaching music learning in this way, I hope that our memories are rich and vivid with making learning wholesome.**

**As I approach retirement from public school education, I will teach piano, do some traveling and watch my grandchildren grow. Thank you to all the families for making my teaching career in Cape Elizabeth a joyful experience.**

**The best to you all,**

**Judy Ferrante**



### Earn cash for your school, all summer long!

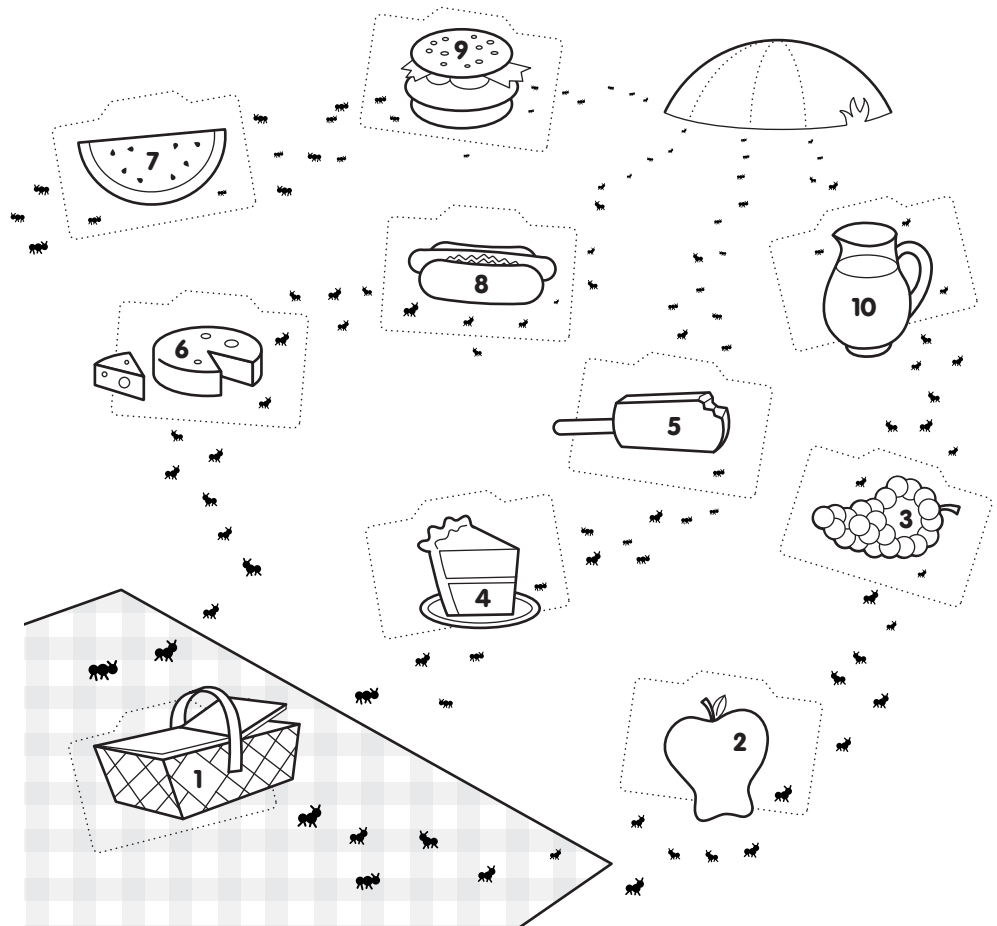
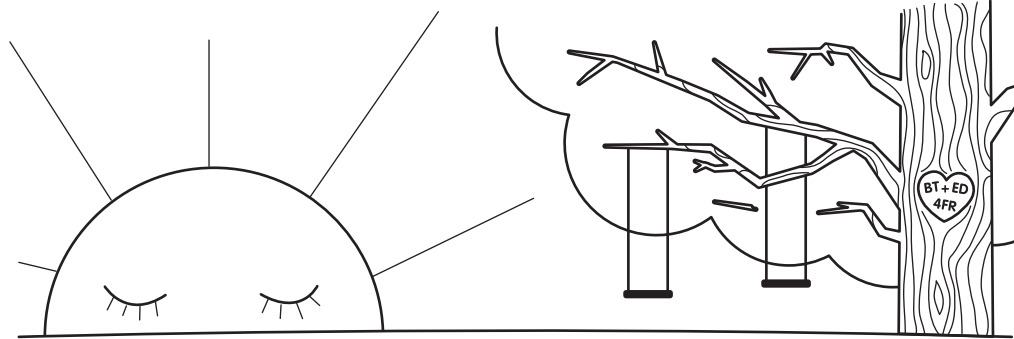
As you prepare for summer picnics, reunions and celebrations, think Box Tops, and the many products that will help you earn cash for your school. You'll find a complete listing of participating products at [www.boxtops4education.com](http://www.boxtops4education.com).

Each month, help your child color, decorate and attach 10 Box Tops to that month's collection sheet.

In the fall, bring them back to class to earn much-needed cash for your school!



## Cover this picnic lunch with Box Tops before the ants can eat it up!



Name \_\_\_\_\_

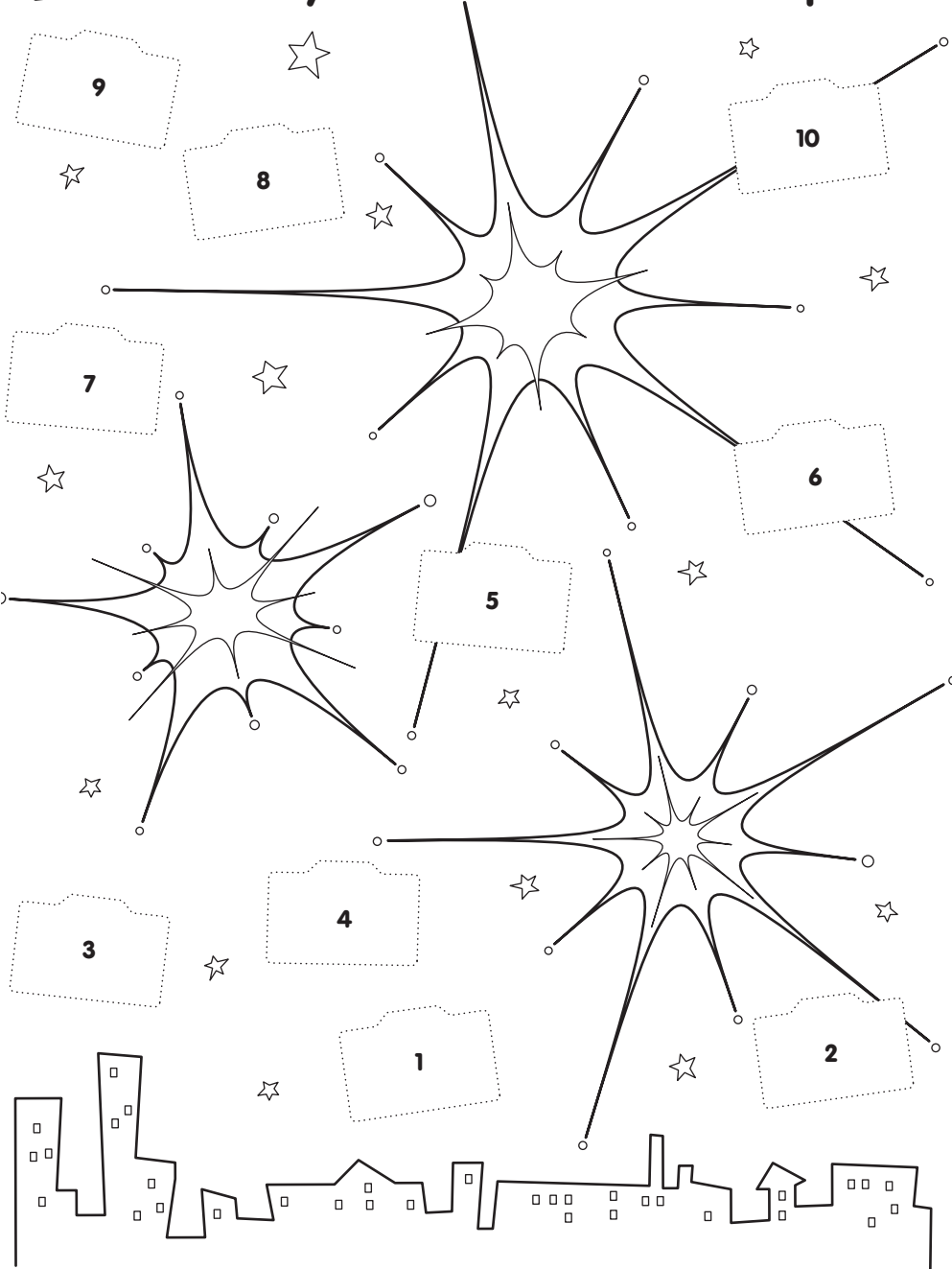
Grade \_\_\_\_\_

Teacher's Name \_\_\_\_\_

Thank you for helping! Every Box Top you collect is worth 10¢ for your school. For more collection worksheets and projects, go to [www.boxtops4education.com/activitycenter](http://www.boxtops4education.com/activitycenter)



# Celebrate the Fourth of July— and your school—with Box Tops!

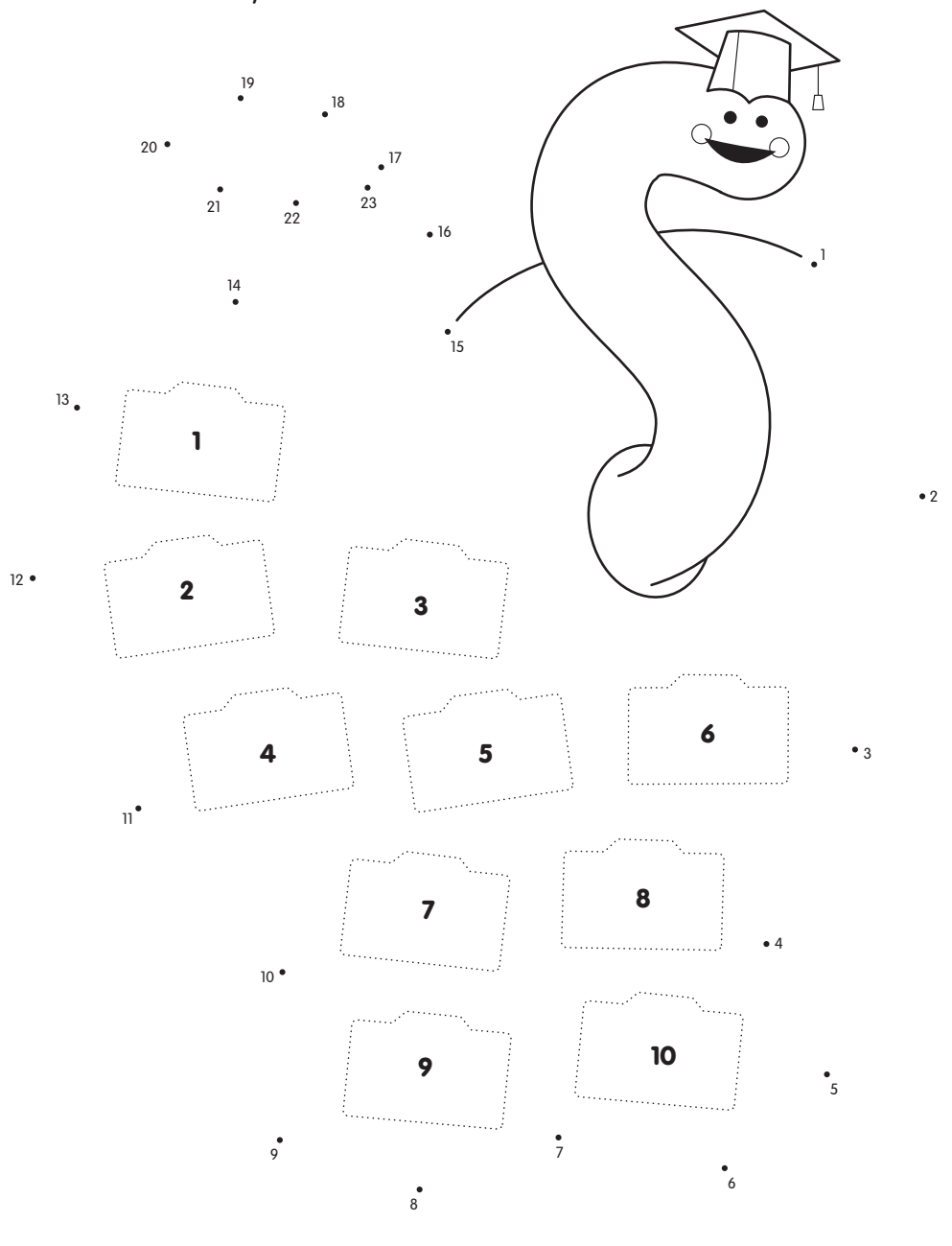


Name \_\_\_\_\_ Grade \_\_\_\_\_ Teacher's Name \_\_\_\_\_

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# A gift for your teacher—and your school! Connect the dots, color and add 10 Box Tops for a gift any teacher will love!



Name \_\_\_\_\_ Grade \_\_\_\_\_ Teacher's Name \_\_\_\_\_

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